

Universal Support for Parents with Teenagers

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Parenting in adolescence ?

- Parenting as a profession in adolescence
- Coalition government akin to parental couple
- Evidence based practice



Parenting styles

- Authoritarian
- Authoritative
- Permissive
- Uninvolved

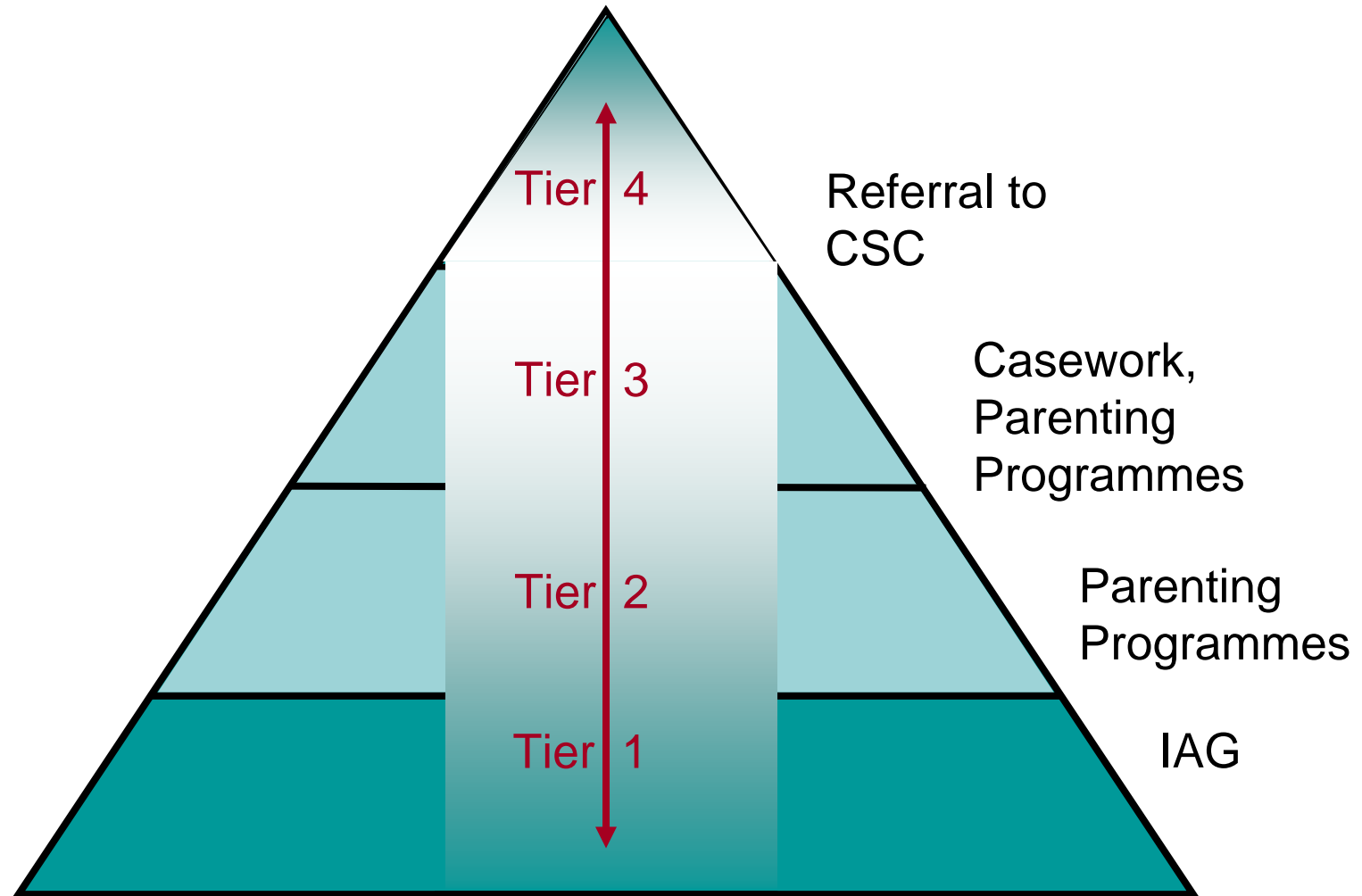


What does universal mean?

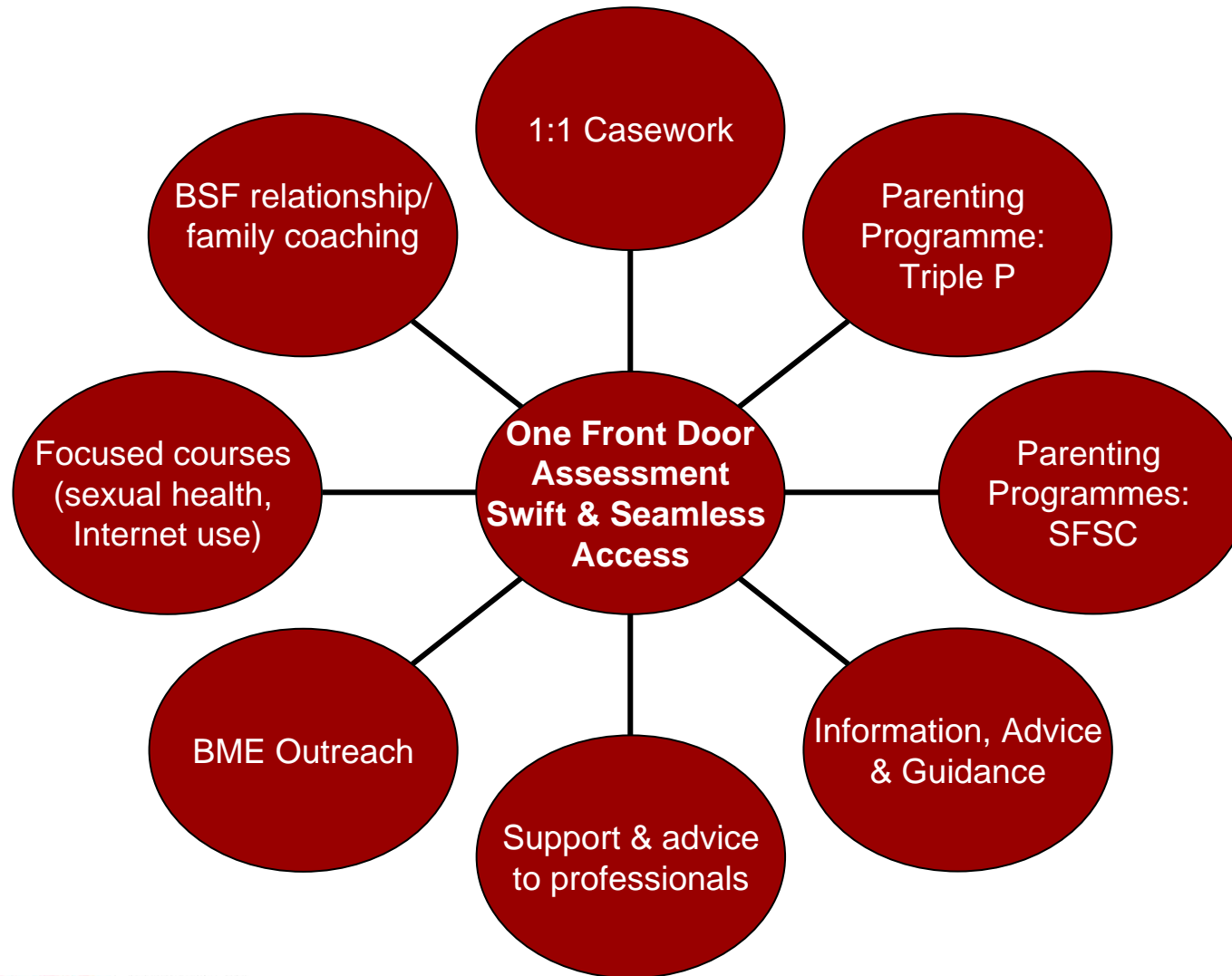
- Universal perceived as lighter touch
- Does the “universal parent” exist?
- Universal entry-point, but support is targeted
- Unknown quantity

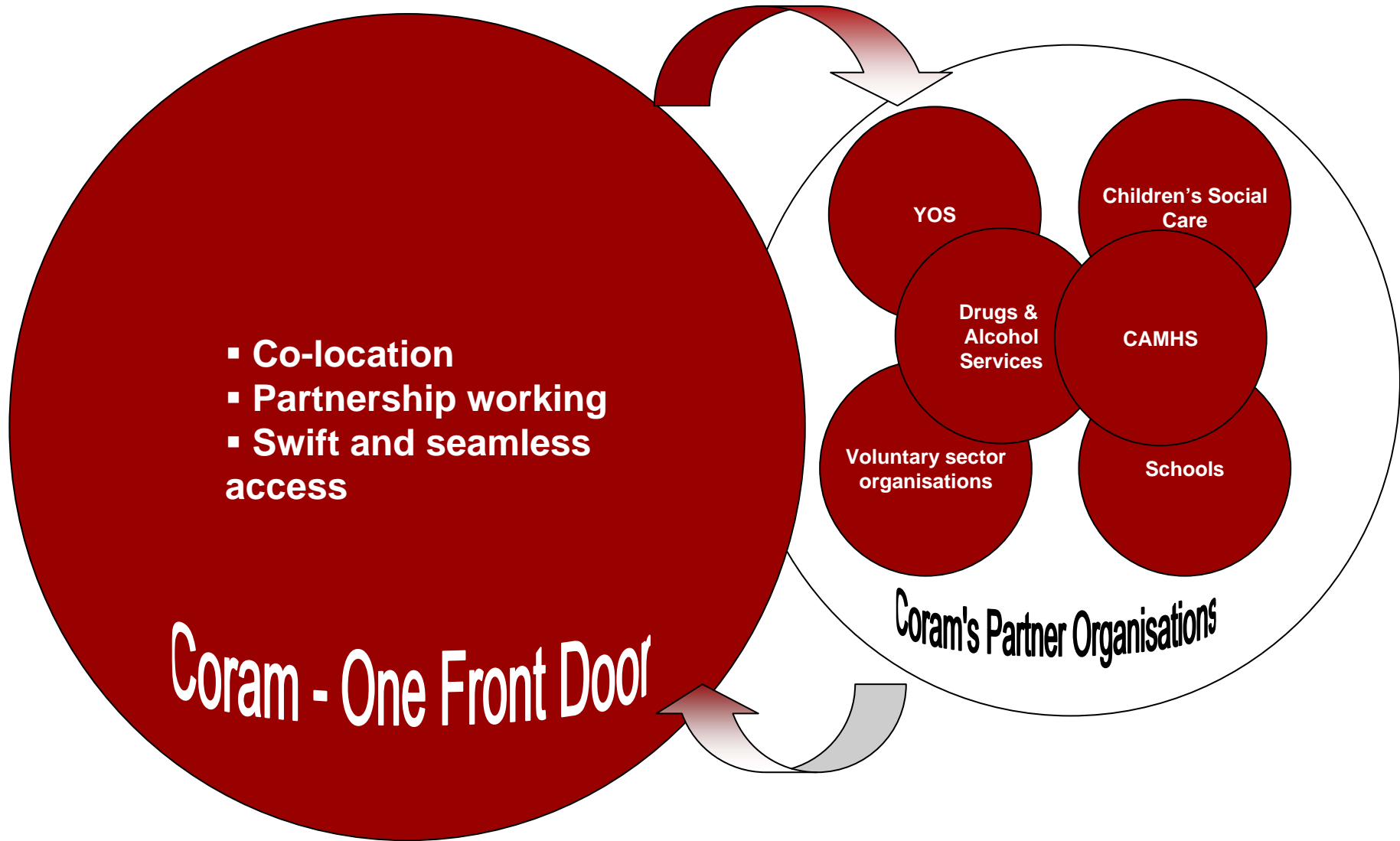


Working across the continuum of need: universal to targeted

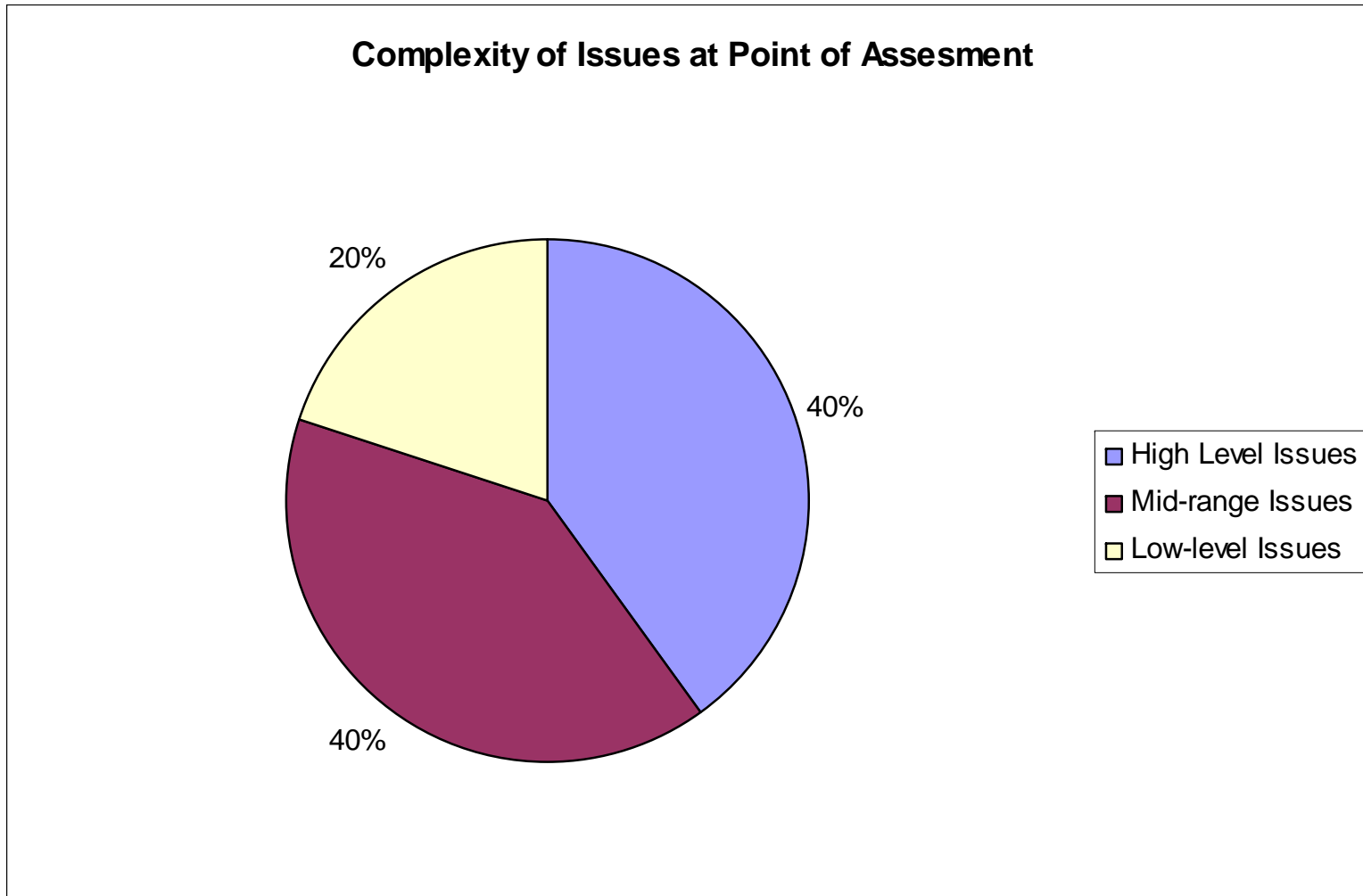


The Coram Model

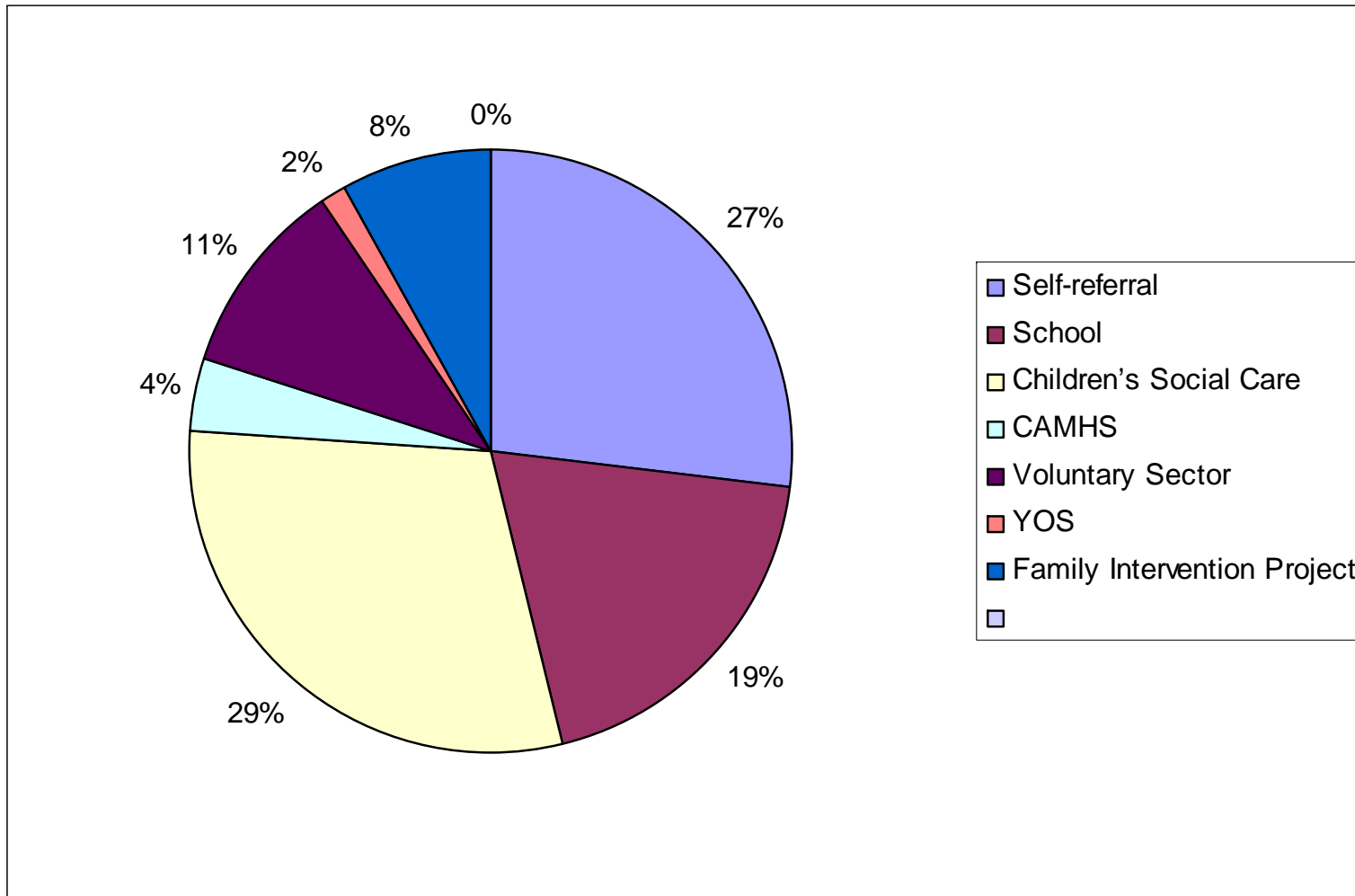




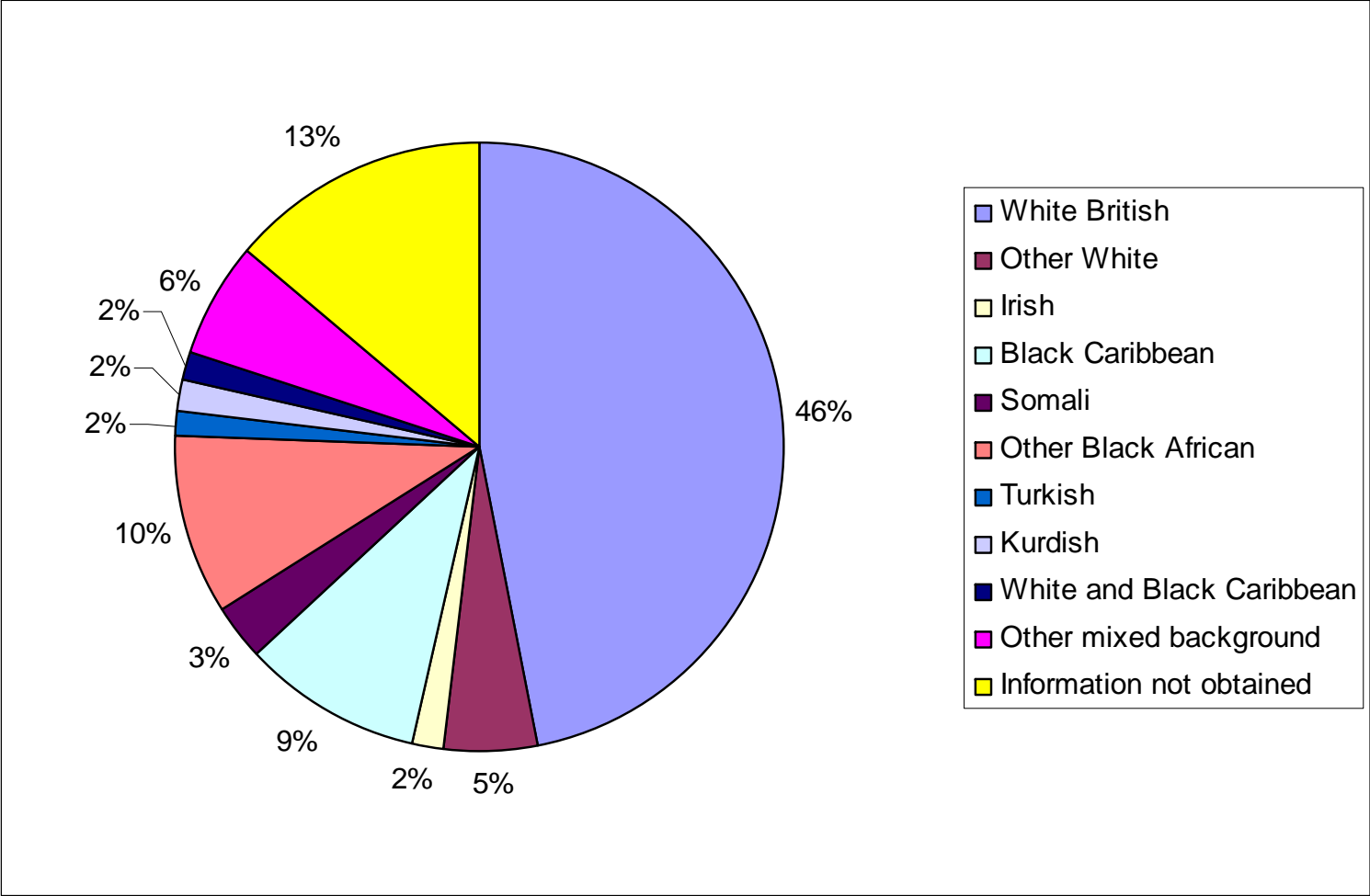
Breakdown of referrals to “universal” service



Breakdown of referral sources



Ethnic origin



Case study : Triple P

Reasons for referral:

- School attendance
- Young person's behaviour
- Boundaries
- Conflict between siblings
- Different parenting styles between separated parents

Gender:

- 83% female
- 17% male

Age of target child:

- 14-15

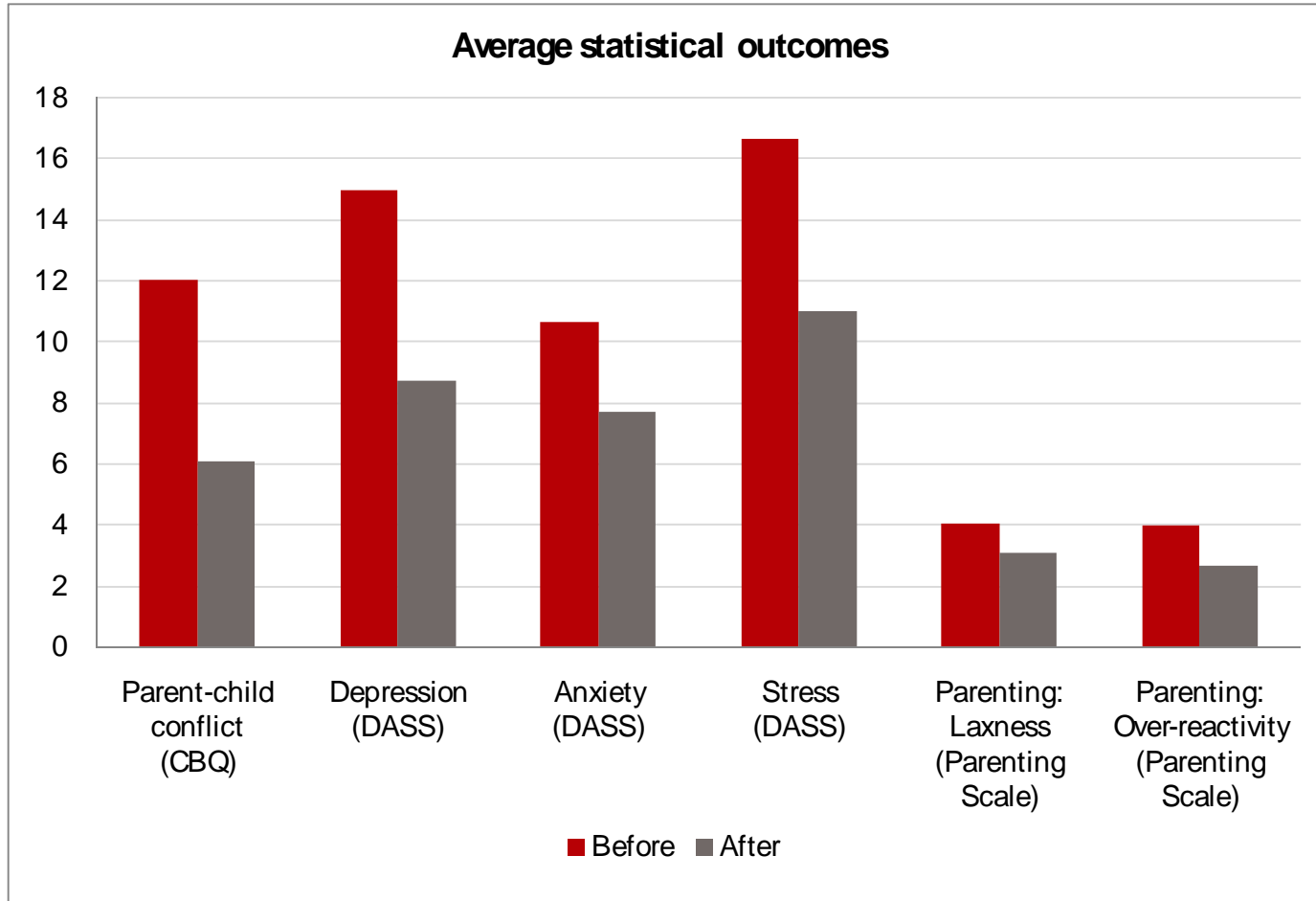


Triple P – Outcome measures

A number of validated scales used to assess parental outcomes:

- Conflict Behaviour Questionnaire
- Depression, Anxiety & Stress Scale (DASS)
- Parenting Scale (PS)

Statistical results summary



Sustained impact

- *“When you can apply the skills it works, when it’s not working, it’s because you’re not applying the skills”*
- *“I understand boundaries now, and what positive parenting is. Before I didn’t look at it like that . Because we’re just parents, we’re not psychiatrists, just ordinary people trying to raise children in a difficult world today”*

Key Factors in engagement

- No marked difference in engagement between agency and self-referred parents
- Pre-course support is a key factor in sustained engagement of parents to courses
- A dedicated link person for each parent also supports sustained engagement
- Evening courses tend to be the most well attended



What makes the model work?

- Service user, partner and practitioner feedback (360)
- No wrong front door
- Voluntary sector organisation
- Assessment/ relationship
- Multidisciplinary team
- Flexibility

Role of relationship in sustaining engagement

“Staff were fantastic, even the girl who reported me [to social services]

She was very professional and knew what she was doing.”

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